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BLACK HILLS AREA Smoke-Free Restaurants

For your comfort
and your health!

For details call 2-1-1

Presented by



The Dangers of Secondhand Smoke

Secondhand smoke is the smoke that is inhaled from other people's tobacco smoke from cigarettes, pipes, or cigars. There are two kinds of SHS that a person can breathe in:

Mainstream Smoke – the smoke exhaled by a smoker

Sidestream Smoke – the smoke from the burning tip of a cigarette

Other common names for secondhand smoke (SHS) include environmental tobacco smoke (ETS) and passive smoke.

Secondhand smoke contains over 4,000 chemicals. Of these chemicals, 200 are poisons and 43 are carcinogens. These carcinogens are known to cause cancer in humans and animals and many are strong irritants.

Some of the well known ingredients of cigarette smoke include:

Formaldehyde (embalming fluid)
Cyanide (gas chambers)
Arsenic (found in rat poison)
Carbon monoxide (car exhaust)
Methanol (rocket fuel)
Benzene (gasoline additive)

The Environmental Protection Agency classifies secondhand smoke as a *Group A* carcinogen, which means it is a known cause of lung cancer in humans. *Group A* carcinogens are the most dangerous cancer-causing agents and there is no safe level of exposure to secondhand smoke.

A mother that smokes during or after her pregnancy can irreversibly impact her child's growth and development.

A few of the numerous health effects of secondhand smoke on children include:

- Asthma
- Bronchitis and pneumonia
- Ear infections
- Lower respiratory tract infections
- Cancers and leukemia
- Sudden Infant Death Syndrome (SIDS)
- Adverse impact on learning and behavioral development

Some people argue that non-smoking areas with proper ventilation will take care of the problem of SHS. The fact remains that there is no safe level of exposure. No ventilation system can eliminate health risks due to secondhand smoke. Science shows that the only solution to address the health risk of SHS is smoke-free air.

Did You Know?

- Four out of five restaurant patrons are non-smokers.
- Studies have shown no loss in sales in restaurants that have become smoke-free.
- Food service workers in restaurants have a 50% greater risk of developing lung cancer due to second hand smoke.
- Offering a smoke-free environment can reduce cleaning costs and property damage.

Tobacco-Free Rapid City Coalition

Our purpose is to support community and school initiatives to educate our community about the risks and costs of tobacco use and addiction, prevent children from beginning a lifetime addiction to tobacco products, increase awareness for those already addicted to tobacco products, and to protect non-smokers – especially children – from the hazardous effects of second-hand smoke.

SMOKE-FREE RESTAURANTS IN THE BLACK HILLS

RAPID CITY

Alternative Fuel

620 Main Street

Arby's

1620 Cambell St
2400 Mt Rushmore Rd
3920 Cheyenne Ave

Armadillo's Ice Cream Shoppe

202 Main St

Arnold's Classic Diner

1940 N LaCrosse St

Asian Garden

740 Mountain View Rd

B & L Bagels

512 Main St

Black Forest Inn

73191 Hwy 385

Black Hills Bagels

915 Mt Rushmore Rd

Botticelli

Ristorante Italiano

523 Main St

Buffalo Wings & Rings

5622 Sheridan Lake Rd

Bully Blends

410 5th St

Burger King

1002 E North St
2110 LaCrosse
711 Jackson Blvd

Café Latté

1301 W Omaha St
Suite #112

Cambell Street Café

211 Cambell St

Casa Rea'l

2315¹/₂ Mt Rushmore Rd

Chuck E Cheese

30 Knollwood Drive

Circle B Ranch

22735 Hwy 385

Coco Palace

1900 N Maple Ave

Cold Stone Creamery

1925 W Main St

Colonial House Restaurant

2501 Mt Rushmore Rd

Corn Exchange

727 Main St

Culver's

2121 W Main St

Curry Masala

2050 W Main St
Suite #7

Dairy Queen

1601 Cambell St
1702 Mt Rushmore Rd
3535 Canyon Lake Rd

Delmonico Grill

609 Main St

Denny's

2206 N LaCrosse St

Dublin Square

504 Mt Rushmore Rd

Dunn Bros Coffee

719 Omaha St

Firehouse Brewing Co

610 Main St

Fireside Inn

23021 Hisega Rd

Fjord's Ice Cream Deli &Coffee Shop

3825 Canyon Lake Dr

Godfathers Pizza

110 Cambell

Golden Corral

1180 N LaCrosse St

Golden Phoenix

2421 W Main

Hardee's

2250 Haines
5th & St Joe
Northgate Shopping Ctr

Hunan Chinese Restaurant

1720 Mt Rushmore Rd

I.H.O.P.

550 Disk Drive

Ichiban Sushi Bar & Japanese Cuisine

1109A Omaha St

Jerry's Cakes & Donuts

109 E Omaha

Jimmy John's

615 Mountain View Rd

Kentucky Fried Chicken

609 Mountain View
815 E North

Khoury's Mediterranean Cuisine

2520 W Main St

Long John Silvers

815 E North St

McDonald's

1200 LaCrosse
2223 W Main St
720 Cleveland
804 E North

Millstone

1520 LaCrosse
2010 W Main

Mongolian Grill

1415 LaCrosse St

Nick-n-Willy's

2218 Jackson Blvd

Panchero's Mexican Grill

1221 W Omaha St

Pauly's Sub

711 Omaha
1624 E St Patrick St #104
260 W Main

Peppy's Pizza

937 E. North St

Philly Ted's

1415 LaCrosse St

Picasso Barn Pizzeria

3618 Canyon Lake Dr

Piece of Cake

901 Mt Rushmore Rd

Piesano's Pacchia

3618 Canyon Lake Rd

Pirates Table

3550 Sturgis Rd

Pizza Hut

2005 Mt Rushmore Rd
2604 W Main St
705 E North

Qdoba Mexican Grill

741 Mountain View

Quizno's Classic Subs

1808 Mt Rushmore Rd

Red Lobster

120 Disk Drive

Saigon Restaurant

221 E North St

Sanford's Pub & Grub

306 7th St

Schlotsky's Deli

1375 N LaCrosse St

Sports Rock

321 7th Street

Steak Etc.

1301 W Omaha St
Suite #104

Stonewalls

5955 S Hwy 16

Subway

2415 Mt Rushmore Rd
800 Mountain View Rd
918 E North
1225 E St Patrick St
7501 Dunsmore Rd
2783 Deadwood Ave

Sunset Grille

7887 Sheridan Lake Rd

Taco Bell

2323 W Main
902 E North St
2700 Mt Rushmore Rd

Taco John's

1710 Cambell St
1828 Haines
3020 W Main St

Tally's Restaurant

530 6th St

The Sand Trap

3625 Jackson Blvd

Thirsty's

819 Main St

Wendy's

520 Mountain View
701 E North
751 Cathedral Dr
1911 N Haines Ave

Wine Cellar Restaurant

513 6th St

RUSHMORE MALL FOOD COURT

Arby's

Cajun Café

China Pantry

Dairy Queen/ Orange Julius

Fuddruckers

Pizza and Pasta

Quizno's Subs

Starbucks Coffee

Taco John's

** All Restaurants were
Smoke Free at time of
publishing*

BELLE FOURCHE

Subway	1400 Mill Street
Bob's Café	610 5th Ave
Hardee's	2504 5th Ave
Pizza Hut	1819 5th Ave

CUSTER

Elk Canyon Downtown Pub & Grill	511 Mt Rushmore Rd
Pizza Works	429 Mt Rushmore Rd
Sage Creek Grille	611 Mt Rushmore Rd

DEADWOOD/LEAD

Boondocks	21559 US Hwy 385
Deadwood Thymes Café	87 Sherman St
Latchstring Inn Restaurant Hwy	14 A
Subway	161 W Main
Taco John's	90 Charles St

HILL CITY

Alpine Inn	225 Main St
Best Western Golden Spike Inn Restaurant	Hwy 16 and 385
Bumpin Buffalo	245 Main Street
Coffee Garden	205 Main St
Dairy Queen	281 Main Street
Desperado's	301 Main Street
Euro Deli at Prairie Berry	23837 Hwy 385
Mountain Treats	223 Main Street
Rico's	148 Main Street
Rt 16 Diner	317 Main Street
Slate Creek Grille	198 Main Street
Smiling Bear	200 E Main Street
Subway	632 "B" Main Street

HOT SPRINGS

All Star Sports Grill	310 South Chicago
Subway	733 S Jensen Hwy
Flat Iron Coffee Bar	745 N River Street

KEYSTONE

Mt Rushmore Carver's Dining Room	Mt Rushmore
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SPEARFISH

Alpine Coffee Company	503 Main St
Arby's	333 W Jackson Blvd
Bay Leaf Café	126 W Hudson
Burger King	123 E Hillsview Blvd
Cedar House Restaurant	130 E Ryan Road
Club Room at Seven Grill	121 W Grant
Common Grounds	111 E Hudson
Dairy Queen	907 E Colorado Blvd
Golden Dragon Restaurant	1850 North Ave
Kentucky Fried Chicken	2405 E Colorado Ave
Long John Silver's	2405 E Colorado Ave
McDonald's	131 Ryan Road
Millstone	620 E Jackson Blvd
Pizza Hut	435 W Jackson Blvd
Quizno's Classic Subs	141 W Jackson Blvd
Roma's Ristorante	701 5th St
Shoot the Bull Steakhouse	539 W Jackson Blvd
Spearfish Pizza Ranch	2625 E Colorado Blvd
Subway	1712 North Ave
Taco Bell	1705 North
Two Pines Lodge Espresso/Sandwich & Gift Shop	304 Main St

STURGIS

Burger King	2610 Lazelle St
Chat n' Chew Restaurant	Boulder Park Subdivision
Dairy Queen	2703 Lazelle St
McDonald's	2120 Lazelle St
Pizza Hut	2249 Lazelle St
Pizza Ranch of Sturgis	2120 Lazelle St
Subway	2120 Lazelle St
Taco John's	2610 Lazelle St
Weimer's Diner	1120 Main St